

DINNERLY



Low-Cal Mexican Chicken and Corn Stew

with Quinoa and Jalapeno Salsa



25 minutes



2 Servings

Spice up your weeknights with this low-cal delight. Sear chicken in Mexican spices, then char corn and simmer to form a rich smoky stew. Top with salsa and serve with nutty quinoa.

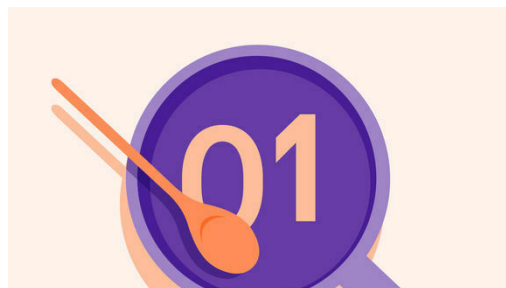
- 125g quinoa
- 1 tomato
- 1 jalapeno chilli
- free-range chicken thigh fillets
- 300g can corn kernels
- 5g Mexican spice blend ¹⁷

- 2 garlic cloves
- 1 tbs olive oil
- 1 tsp red wine vinegar ¹⁷
- 2 tbs tomato paste
- 1 tsp honey

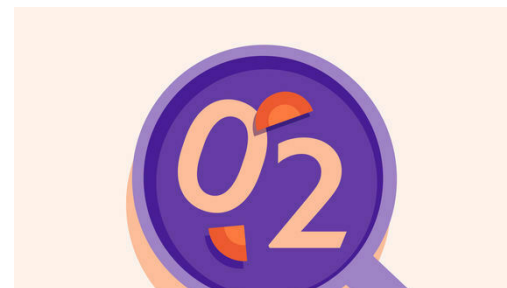
- sieve
- small saucepan with lid
- medium deep frypan

Sulphites (17). May contain traces of other allergens.

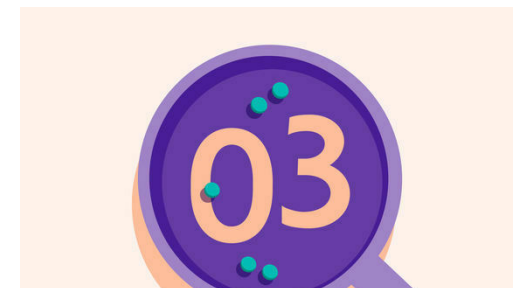
Energy 599kcal, Fat 20.8g, Carbs 61.0g,
Proteins 39.8g



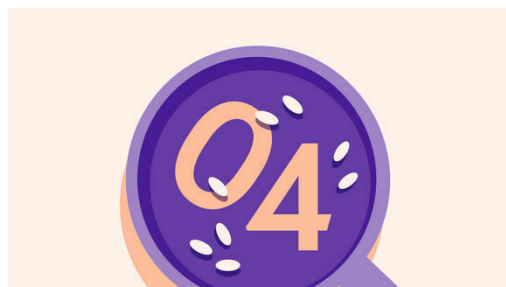
Put the **quinoa** in a sieve, then rinse well and drain (see Kitchen 101). Put the quinoa in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer. Reduce the heat to low and cook, covered, for 12-15 mins until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins.



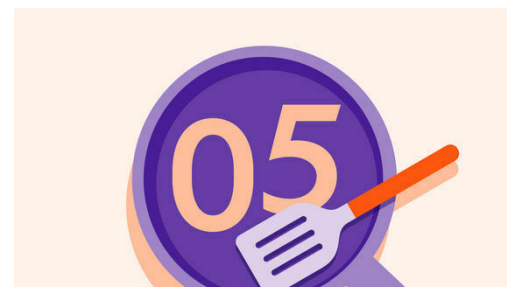
Meanwhile, cut the **tomato** into 1cm chunks. Thinly slice the **jalapeno**. Crush or finely chop **2 garlic cloves**. Cut the **chicken** into 2-3cm chunks. Drain and rinse the **corn**. Put **2 tsp olive oil** and **1 tsp red wine vinegar** in a bowl, season with **salt and pepper** and whisk to combine. Add the tomato and jalapeno and toss to coat.



Put the **chicken** and **half the Mexican spice blend** in a bowl. Season with **salt and pepper** and turn to coat. Heat **2 tsp olive oil** in a medium deep frypan over medium-high heat. Cook the chicken, stirring, for 3-4 mins until browned. Remove from the pan. Return the pan to medium-high heat and cook the **corn** and **garlic**, stirring, for 3 mins or until charred.



Add the **chicken, remaining Mexican spice blend, 2 tbs tomato paste, 1 tsp honey** and **180ml (¾ cup) water** to the corn mixture and bring to the boil. Reduce the heat to medium and cook for 10 mins or until the chicken is cooked through and the stew is slightly thickened. Remove the pan from the heat. Taste, then season with **salt and pepper**.



Divide the **quinoa** and **stew** among bowls, top with the **tomato and jalapeno salsa** and enjoy!



It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.



Packed in Australia
from at least 80%
Australian ingredient.